



GARDEN CAFE

Chilled foods

Whole fruit
Cheese & crackers
Veggie sticks & hummus
Yoghurt cups
Sushi
Fruit cup
Japanese Coleslaw
Lebanese Lentil salad
Garden salad with avocado
Garden salad, Avocado, Chicken

Hot Food Cabinet

Mini beef party pies 3.5 star
Junior sausage rolls 3.5 star
Blue berry bagels
Cheese & Vegemite Turkish
Banana bread
Gluten free banana bread
Ham cheese croissant
Chocolate croissant
Spinach & ricotta rolls
Sourdough toasties
Pasta Bolognese, Parmesan cheese

Snacks

Grain Waves Wholegrain chips
Gluten free Vege crackers
Lollies tub
Chocolate chip cookies
Muffins chocolate or fruit
Daily muffin special
Banana bread
Eucalyptus drops
Popcorn
Nut free Superfood Protein balls

Daily Lunch Specials Week A

Monday

- Gourmet Cheeseburger.
Homemade beef Pattie, Bacon rasher, cheese, Tomato, Lettuce, Onion, Tomato sauce

Tuesday

- Butter chicken,
Authentic in house made sauce of butter, spices, tomato and ginger garlic mix with pieces of chicken breast served with Basmati Rice

Wednesday

- Mildly spiced chicken burrito, black beans, salsa, grated cheese, healthy rice and red Quinoa wrapped in soft flour tortilla

Thursday

- All American Classic Mac & Cheese.
Parmesan, Tasty cheese folded into elbow pasta, topped with yellow cheddar and baked to golden brown.

Friday

- Mexican Nachos, Beef mince, Avocado, Sour cream, Salsa, Shredded Cheese

Cold drinks

EMMA & TOMS Strawberry milk 250ml
EMMA & TOMS Chocolate milk 250ml
EMMA & TOMS Karamrama 250ml
EMMA & TOMS Orange juice 250ml
EMMA & TOMS Cloudy Apple Juice 250ml
EMMA & TOMS Extreme C Juice 350ml
EMMA & TOMS Green Power Juice 250ml
EMMA & TOMS Green Tea 450ml
EMMA & TOMS Lemon Quencher 450ml
EMMA & TOMS Orange Quencher 450ml
Sparkling Mineral water 500ml



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Chilled foods Daily

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Yoghurt cups
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Fruit cup
Japanese Coleslaw
Lebanese Lentil salad
Garden salad with avocado
Garden salad, Avocado, Chicken

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Junior sausage rolls 3.5 star
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Banana bread
Gluten free banana bread
Ham cheese croissant
Spinach & ricotta rolls
Sourdough toasties
Pasta Bolognese, Parmesan cheese

Snacks

Grain Waves Wholegrain chips
Gluten free Vege crackers
Chocolate chip cookies
Muffins chocolate or fruit
Banana bread
Eucalyptus drops
Popcorn
Nut free Superfood Protein balls

Daily Lunch Specials Week B

Monday

- Classic Meat ball Sub
Homemade meat balls, Italian Tomato
sauce, Melted cheese, French Baguette

Tuesday

sliced chicken schnitzel Baguette,
Cheese, lettuce, aioli

Wednesday

Creamy Chicken & Bacon Carbonara,
Garlic, shallots, light creamy sauce.

Thursday

Sticky Honey Soy chicken, Green beans,
rice

Friday

BBQ Day

Cold drinks

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EMMA & TOMS Chocolate milk 250ml
EMMA & TOMS Karamrama 250ml
EMMA & TOMS Orange juice 250ml
EMMA & TOMS Cloudy Apple Juice 250ml
EMMA & TOMS Extreme C Juice 350ml
EMMA & TOMS Green Power Juice 250ml
EMMA & TOMS Green Tea 450ml
EMMA & TOMS Lemon Quencher 450ml
EMMA & TOMS Orange Quencher 450ml
Sparkling Mineral water 500ml



Our food philosophy

"70% of all our food on sale is in the green and amber rating system, we are careful with our portioning on the sometimes foods" we believe in empowering students to make healthy choices by offering reduced pricing for selecting healthy items"

Our Environmental Initiatives

Vanilla Blue Catering and Canteen solutions believe in environmental sustainability and the need to manage our environmental impact. We pride ourselves on using as much recycled and environmentally friendly products and packaging as possible
.90

Our Healthy Initiatives

"Our menus are introducing wholegrains wherever possible into dishes and reducing fat in our cooking"